



## RECREATION DEPARTMENT

*The Heart of the Neighborhood*

[www.chulavistaca.gov/rec](http://www.chulavistaca.gov/rec)

2710 Otay Lakes Road • (619) 585-5739



# Fall Break Camps

## Basketball Camp

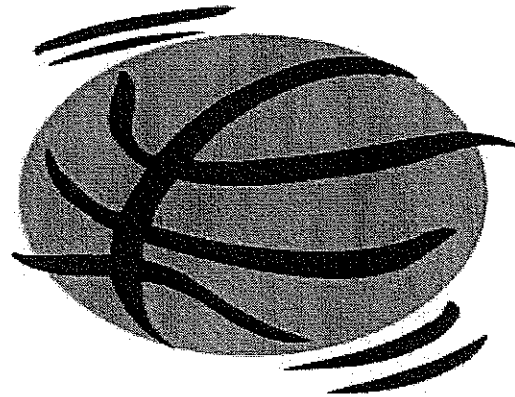
(Sept.24-28) Monday-Friday

Ages 6-18. 9am-12pm.

Res \$75 / Non-Res \$94

#9900.430

Instructor: A. Harrington



## Volleyball Camp

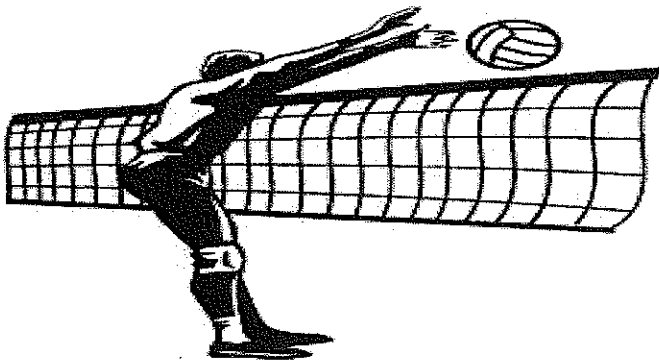
(Sept.30-Oct.5) Monday-Friday

Ages 7-18. 9am-12pm.

Res \$75/ Non-Res \$94

#9900.432

Instructor: A. Harrington

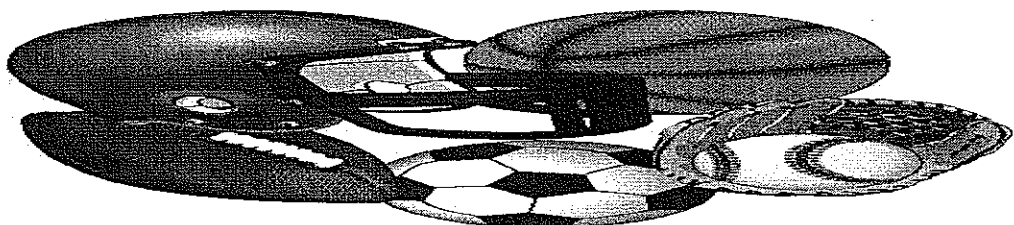


## TOP All Sports Conditioning Camp

(Sept.30-Oct.4) Monday-Friday. Ages 6-18. 9am-12pm

Res \$125/ Non-Res \$156. Instructor: SportOutlier Staff

#9400.433



## **TOP Camp ~ ALL SPORTS CONDITIONING**

**Time: September 30<sup>th</sup> – October 4<sup>th</sup> ~ 9:00am – 11:50am**

**Place: Salt Creek Multi-purpose field ~ \$125**

Class Code (TOP All Sports Conditioning Camp)

Top All Sports Conditioning

9400.433

TOP Conditioning Camps provide a unique blend of science-based sport and mental training to maximize performance. Gold medalist, Olympic and Para-Olympic coach Al Joyner will teach techniques, demonstrate skills, and motivate you to build a strong foundation of fitness and core strength. Olympic and international sport psychologist, Dr. Ross



Flowers will teach mental conditioning skills like mind-body awareness, relaxation, focus, and self-confidence to enhance general athletic performance and help you develop healthy sport-life balance. Participants at any skill level are encouraged to participate in this conditioning camp.

Participants: please wear athletic clothes, running shoes, bring water and/or a sports drink, and a light snack.



Instruction provided by Olympic and professional trainers from **sportOutlier Foundation**. Visit us at 619-565-2777 or online at [www.sportoutlier.org](http://www.sportoutlier.org)



For more information contact Salt Creek recreation Center at 619-585-5739 or online at [www.chulavistaca.gov/rec](http://www.chulavistaca.gov/rec)

**Sign up and learn more about sportOutlier Foundation and TOP Camps by texting “sportoutlier” to 55469.**